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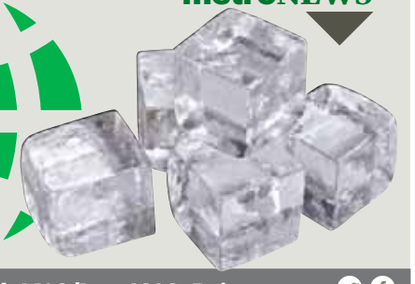

Your essential daily news
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Swan song

A mute swan in Stanley Park. Nearby residents are concerned for the swans' well-being after their eggs were removed to control the swan population. Coverage in News. THANDI FLETCHER/METRO

New voice for aboriginals

POLITICS

Council to advocate for those living off-reserve

A new advocacy organization intends to give Vancouver's aboriginal residents some political oomph.

The constitution and other documents giving life to the Northwest Indigenous Council were mailed to B.C. Registry Services on Tuesday.

According to its constitution, the organization will be a political voice for B.C.'s off-reserve aboriginals with municipal, provincial and federal governments.

It will also advocate for solutions to a host of issues including homelessness, addiction, violence against women and a disproportionate number of children in foster care.

"There is a need for a strong, clear voice that can advocate politically and influence government policies because that's not being done right now," said council president Ernie Crey.

Vancouver is home to 40,000 aboriginal people, according to the 2011 Urban Aboriginal Peoples Study. The city has the country's third largest aboriginal population behind Winnipeg and Calgary.

The new organization will be self-sustaining and won't initially apply for government core funding, Crey said.

"Government funding attracts Latte La-De-Da Nation types and not serious advocates," Crey said.

Vancouver's urban aboriginal people's advisory committee advises the city on urban aboriginal civic engagement, but this falls short of the mark, Crey said.

"These agencies advocate for better funding and services but they have no political voice in the mainstream," he said.

Aboriginals living in Oppenheimer Park could have benefitted from such advocacy last year, Crey said. A tent city was erected in Oppenheimer last June to protest the city's failure to end homelessness or provide adequate housing for low-income residents. More than half of the campers were aboriginal, Crey said. WAWMEESH G. HAMILTON/FOR METRO

196,000

The 2011 National Household Survey notes that more than 196,000 aboriginal people live in B.C. Of them, more than half live off-reserve and in cities.

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OVER 40 LOSING CRUCIAL RESERVES

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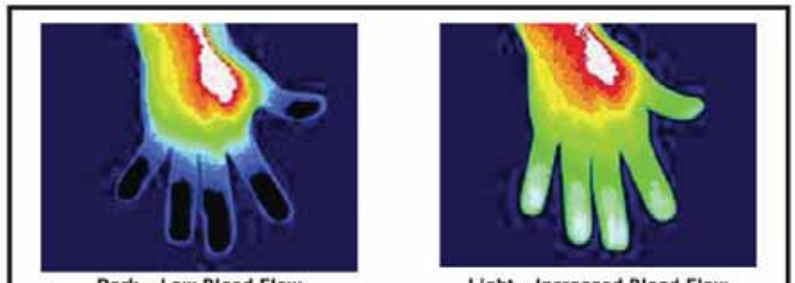

Dark = Low Blood Flow | Light = Increased Blood Flow

Actual Thermographic Image of Hand shows circulation in hands before and after taking Neo 40 daily. On the Left, the fingertips are almost black showing little blood flow. On the Right, lighter colored fingers show increased blood flow after only 20 minutes.

A boost in Nitric Oxide levels may equal increased sexual sensitivity for men and women. Tammy from Ontario said, "The first night after my first dose I had improved circulation in my hands. I find the increased circulation is a definite benefit in the bedroom." "We noticed a difference in my husband's erections within a week. We can't believe how well it works," reports pleased wife Marion S., of New York.

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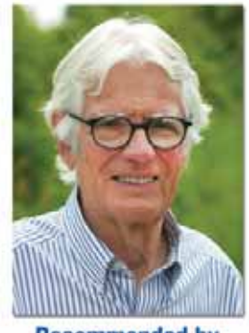

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Chimp link sheds light on pain

SCIENCE

Discovery was made by studying ancient bones

Matt Kieltyka
Metro | Vancouver

We just can't seem to get that monkey off our back.

The link to our closest animal relatives may explain why some humans are more prone to back pain, scientists say.

An international team of researchers, including Simon Fraser University biological anthropologist Kimberly Plomp, has discovered that humans with a lesion called a Schmorl's node — a small hernia that can occur in the cartilaginous disc between vertebrae — have vertebral elements that are "statistically indistinguishable" from that of their knuckle-walking cousins, the chimpanzee.

Those with more chimp-like spines are more likely to have disc problems and experience back pain, as they have more trouble withstanding the weight of standing upright than people without a Schmorl's node.

Researchers made that discovery by studying ancient bones of humans (as well as modern day humans, chimpanzees and other primates) for evidence of injury and disease and by tracking the evolution of upright locomotion and spinal health in humans.

Plomp said the findings could help identify and treat people who are more likely to experience back problems in life.

"Evolutionary medicine has been a fast growing field in the last decade or so," said the post-doctoral fellow.

"It allows us to find out the cause of certain diseases and metabolic issues by understanding the evolutionary development of them. The findings give us insight into back pain and understand why some people are more prone to it than others."

Plomp emphasized that people with a Schmorl's node are not abnormal and their spines still fall "within the normal range of human variety."

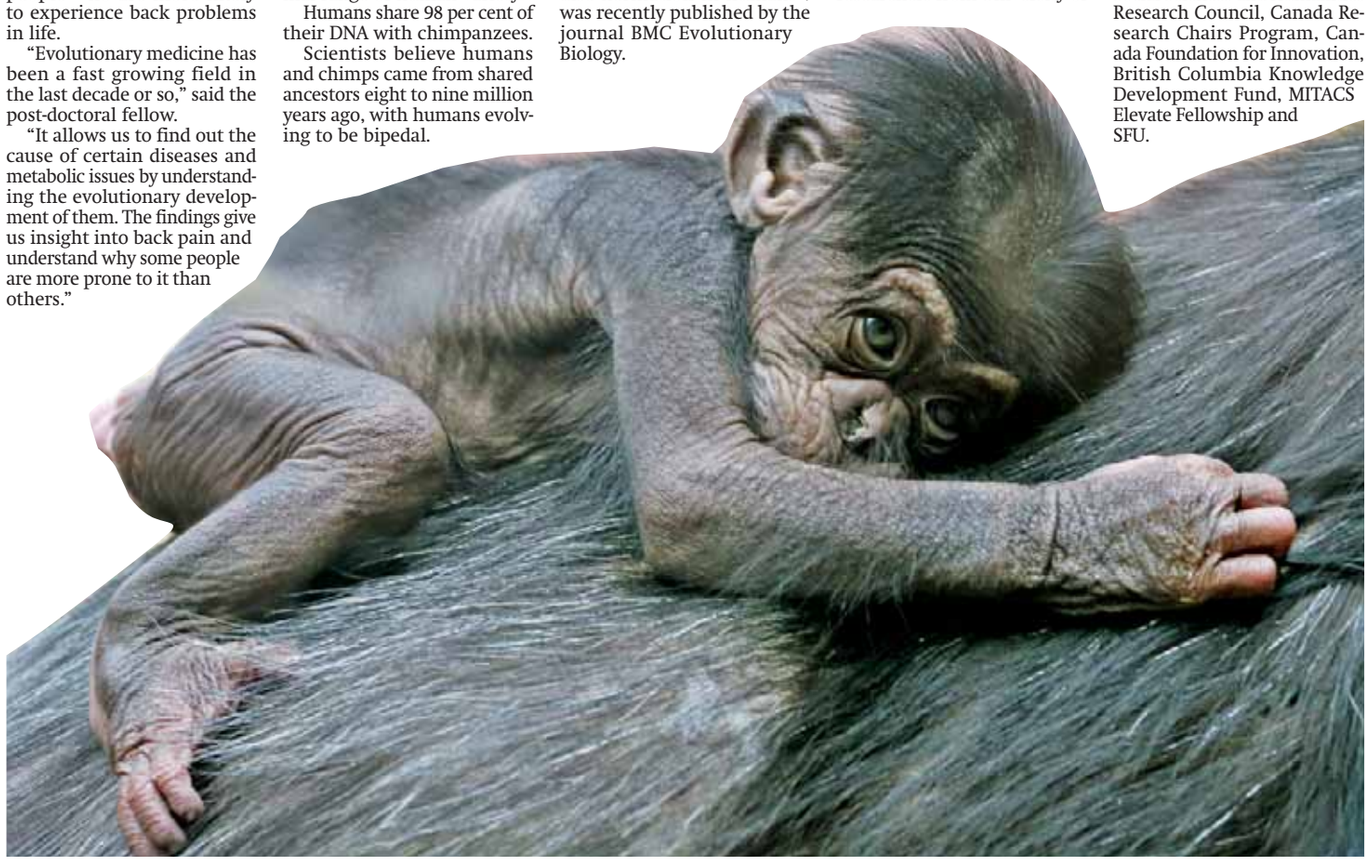
Humans share 98 per cent of their DNA with chimpanzees.

Scientists believe humans and chimps came from shared ancestors eight to nine million years ago, with humans evolving to be bipedal.

Plomp's research paper, "The ancestral shape hypothesis: An evolutionary explanation for the occurrence of intervertebral disc herniation in humans", was recently published by the journal BMC Evolutionary Biology.

Plomp was working with SFU professor Mark Collard as part of the Human Evolutionary Studies program, along with researchers from University of British Columbia, University of Iceland and the University of Aberdeen.

The study was funded by the Social Sciences and Humanities Research Council, Canada Research Chairs Program, Canada Foundation for Innovation, British Columbia Knowledge Development Fund, MITACS Elevate Fellowship and SFU.



Nine-day-old baby chimpanzee Deyo sits on the back of its mother Lady at a zoo in Germany, on March 19. ROLAND WEIHRAUCH/AFP/GETTY IMAGES

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"I want people to know that they matter whatever their age, whatever they're going through …Their dreams and feelings are still valid. I want to help people to acknowledge that about themselves." **– Faith Malakoff,** Therapeutic Recreation

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B.C. terror trial sees videos of accused allegedly planting bombs

COURT

Packages were left at the legislature

A jury sat riveted in B.C. Supreme Court on Monday watching a series of videos that show a pair of accused terrorists hiding two packages on the grounds of the provincial legislature in the early hours of July 1, 2013.

The videos appear to be the culmination of a months-long RCMP sting that led to the arrests of the couple for allegedly plotting to detonate pressure-cooker explosives at the B.C. legislature on Canada Day two years ago.

In several videos, the lanky and hooded figure of John Nuttall is shown stuffing a large, blue duffel bag beneath the bushes covered with purple and yellow flowers that decorate the building's west breezeway.

Nuttall's torso is entirely obscured as he leans into the greenery, his back becoming increasingly covered with yellow petals as he struggles to rearrange the bag.

Video footage taken minutes later shows him holding a large knife in his right, gloved hand as he returns to a white van waiting for him on a neighbouring street.

The jury has heard in earlier testimony that Nuttall reported he nearly used a knife to kill a homeless man when he was returning from planting the explosive device.

Other videos showed Nuttall's wife and co-accused Amanda Korody dropping off a dark package on the opposite side of the building.

Footage taken by surveillance officers and CCTV cameras show her walking briskly onto the deserted legislature grounds and leaning into some foliage. She leaves a few moments later, empty handed.

Both Nuttall and Korody have pleaded not guilty to four terrorism-related charges.

Covert video taken the day before the alleged bombings shows Nuttall, sporting a straw hat, and Korody — who has removed the traditional Muslim head covering she usually wears — meandering across the grounds alongside the key undercover officer involved in the operation.

John Nuttall is shown in a still image taken from RCMP undercover video. RCMP/THE CANADIAN PRESS

Nuttall and Korody believe the officer is an Arab businessman with links to organized terrorist groups.

The legislature lawn is shown teeming with an early-evening crowd, with families pushing strollers, tourists milling about and young people kicking around a soccer ball. Fences and stages had been set up in anticipation of the following day's Canada Day festivities.

Earlier on Monday, the court heard from an undercover officer who posed as a high-ranking terrorist whom Nuttall asked for a supply of C4 plastic explosives.

"Please will you help me fight?" Nuttall is heard pleading with the officer in an audio recording. The officer had rebuked him a short time earlier for wasting his time with a poorly conceived plan.

"I need to fight these (infidels)," Nuttall insists. "We really, really need your help. I'm begging you."

Nuttall is also heard in the recording telling the supposed terrorist leader that he loves and would die for the man he believes is an Arab businessman, often referring to him using the Arabic words for brother and beloved.

After agreeing to provide the explosive material, the undercover officer leaves Nuttall and Korody but his recording equipment remains on and captures him mumbling to himself: "He's not ready. Or is he?"

THE CANADIAN PRESS

TESTIMONY

On cross-examination, the undercover officer testified that he was surprised at how nervous Nuttall appeared and described the plan of the accused as "just a mish-mash of ideas."

"It was kind of scattered," the officer said.

"There was no semblance of a viable, working plan."

COAST

B.C., First Nations reach agreement

First Nations from Vancouver Island to Haida Gwaii and along coastal B.C. have signed a marine-use partnership with the provincial government that aims to act as a guide for environmental, economic and stewardship issues along more than 100,000 kilometres of coastline.

The Marine Planning Partnership involving 18 First Nations has been in the works for more than a decade, but missing from Monday's celebration was the federal government even though it had taken part in past talks.

The federal government has jurisdiction over ocean waters, which makes it the major player in the issues of shipping, including the potential for more oil tankers navigating the coast, and fisheries, which involves the management and protection of stocks.

The plan maps out four regional marine areas along the coast, including Haida Gwaii, the North Coast, Central Coast and northern Vancouver Island. It sets out an eco-based management system that aims to ensure stewardship, environmental and economic decisions are reached by working together with minimal conflict.

"This collaboration recognizes the important role of coastal First Nations as stewards of the marine environment and as partners in supporting the health of coastal communities," said B.C.'s Aboriginal Relations and Reconciliation Minister John Rustad in a statement.

Coastal First Nations' spokesman Art Sterritt said the partnership helps governments understand the significance of the marine environment in the lives of First Nations.

He said it also signals to the federal government the kind of collaborative agreement that can be reached when people are willing to negotiate. THE CANADIAN PRESS

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ENERGY

Emergency response info must increase, says NEB chair

The chairman of the National Energy Board says the regulator has been "too conservative" in demanding information from oil pipeline companies and is moving to bolster disaster cleanup plan requirements.

But Peter Watson contends that issues such as climate change remain outside his agency's mandate — a situation that can't be changed without federal legislation.

Watson said the energy board will open a new round of public consultations on the specific emergency response information it should request of pipeline companies.

"To tell you the truth, I haven't really been happy about it," he said Monday in a speech to the Vancouver Board of Trade.

"The amount of emergency response information that the companies or the NEB is sharing has got to increase."

The invitation for public input comes just weeks after Vancouver's harbour was fouled by 2,700 litres of bunker fuel. The accidental leak from a grain ship highlighted gaps in cleanup response.

Watson got an earful on Friday from Vancouver-area mayors who lambasted the board for pipeline spill-response procedures.

He outlined the proposed new measures for shoring up confidence in the regulator as part of an unprecedented, cross-Canada speaking tour aimed at convincing the public it's devoted to public safety. The consultation period closes June 25.

THE CANADIAN PRESS

ANIMALS

Quack team of Van police save family

Nine ducklings and their mother are happily swimming around False Creek after Vancouver police were called into action.

A concerned citizen contacted wildlife rescue officials on Sunday after spotting the ducklings on a third-storey ledge of the Vancouver Police Department's Cambie Street headquarters.

It turns out the mother laid her eggs on the building's rooftop vegetable garden and cared for them until they hatched without police discovering them.

Three VPD officers who had just finished their shift assisted wildlife rescue by corralling the ducklings into a box and taking it down to street level.

As planned, the mother flew off the patio and followed her offspring all the way to nearby False Creek, where the ducklings were released and reunited with their mother. MATT KIELTYKA/METRO

One of the ducklings rescued off a ledge at the Vancouver Police Department's Cambie Street HQ. CONTRIBUTED

Researchers have found that breast cancer survivors were less likely to maintain sustained attention than those who haven't endured chemotherapy. PHOTO ILLUSTRATION, RICHARD LAUTENS/TORSTAR NEWS SERVICE

UBC researchers hone in on 'chemo brain'

HEALTH

Scientists now say they can observe effects of phenomenon

Matt Kieltyka
Metro | Vancouver

Researchers say physical and mental exercise can help alleviate a phenomenon known as "chemo brain" in cancer survivors.

Psychology and physical therapy researchers at the University of British Columbia have been studying the brain activity of breast cancer survivors, many of who complain of negative cognitive effects — such as lack of focus, wandering mind and memory loss — following treatment.

Kristin Campbell, associate professor in the department of physical therapy at UBC, said so-called chemo brain is present in anywhere from 15 to 75 per cent of cancer patients, but the wide range of symptoms, and their extent, has made it a difficult area to study.

"It can affect quite a number of people to some degree, but it's been mostly self reported," said Campbell. "And we all forget things day-to-day, so it's hard to quantify."

However, researchers do believe that chemo brain is real.

According to their latest study, published in the journal Clinical Neurophysiology, Campbell and her fellow researchers scanned participants' brain activity and found breast cancer survivors were less likely to maintain sustained attention than those who hadn't endured chemotherapy.

Scientists claim they are now able to objectively observe the effects of chemo brain even though, traditionally, cancer survivors who took tests developed for other disorders — like brain injury or early Alzheimer's — scored fairly well.

While it has been proven to exist, the cause of chemo brain is still up for debate.

Campbell said chemotherapies used on breast cancer patients don't directly cross the blood-brain barrier and affect the mind, so excessive mind wandering and the inability to concentrate could be caused by other knock-on factors such as fatigue, stress, depression, quality of life and physical weakness.

The effects of chemo brain can linger for quite some time, in some cases up to five years after treatment, according to Campbell.

Researchers are now looking for new ways to combat those effects.

"What we're interested in is how exercise can play a productive role in it," said Campbell.

Memory games and puzzles like sudoku have also been valuable tools to help sharpen women's minds after breast cancer treatment.

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A mute swan rests on its nest on the edge of Stanley Park's Lost Lagoon on Monday. For several years, the parks department has taken steps to prevent the park's mute swan population from growing. THANDI FLETCHER/METRO

Resident concerned for swans

STANLEY PARK

Officials take steps to curb population growth

Thandi Fletcher
Metro | Vancouver

The sight of swans in Stanley Park's Lost Lagoon always brings joy to Fiona Sinclair.

For the past 10 years, the retired West End resident, affectionately dubbed by locals as the "swan whisperer," has visited the park's last four mute swans nearly every day, spending two to three hours feeding and caring for the birds.

But two weeks ago, Sinclair said her heart sank when she spotted the swans on the water, instead of in their nests, because she knew it meant workers for the Vancouver parks department had removed the eggs.

"Both swans were off their nests and were out in the lagoon," she told Metro. "I just knew, oh, they've done it again."

For several years, the parks department has taken steps to prevent Stanley Park's mute swan population from growing.

Because the birds, which were first introduced to Stanley Park in the 1930s, are not native to Canada, the department has slowly tried to eliminate the population to encourage greater biodiversity of birds, said Brian Quinn, manager of parks operations for the Vancouver Park Board.

Because mute swans tend to be territorial, Quinn said allowing the population to continue to grow is preventing Canada's native swan species, Trumpeter Swans — which only recently came back from the brink of extinction — from returning to Stanley Park.

"Our goal is, as the existing swans die off, we don't want to replace them," he said.

To help control the mute swan population, Quinn said parks department staff have "addled" the swan eggs for several years. Addling involves removing the eggs and shaking them to prevent embryo development before placing them back in the nest.

But last year, the parks department started removing the eggs completely instead, he said.

"Last year and this year, we have removed the eggs because we weren't getting 100 per cent non-viable eggs when we addled the eggs," he said.

West End resident Fiona Sinclair, known as the "swan whisperer," shows a photo of herself with Tristan, one of Stanley Park's last four mute swans. THANDI FLETCHER/METRO

That has Sinclair concerned for the swans' well-being.

Spending so much time caring for the birds — which have had their wings clipped, making them reliant on parks department staff and Sinclair for food — she said she can tell when the birds are in distress.

"When the eggs are gone, it does alarm them," she said. "They're traumatized and they mourn for a few days."

If the eggs are removed, she said the swans swim aimlessly around the nest, refusing to eat for several days. The female swans' calcium levels also become depleted as they continually lay more eggs to replace the stolen eggs, she said.

But if the eggs are addled and returned to the nest, the swans stay on the nest and seem to be less traumatized when they eventually realize the eggs are no longer viable, she said.

While she isn't opposed to the parks department controlling the swan population, Sinclair said she would prefer to see them stick to addling the eggs, rather than removing them completely.

"It makes me feel bad because I don't think they need to do that," she said. "I just think there's a more humane way of doing these things."

West End residents Douglas Mesney and Pamela Swanson, who regularly go for walks around Lost Lagoon, said they were saddened to see the swans' eggs had disappeared after watching the birds slowly build their nests in recent weeks.

"A nature walk should not produce sadness in a person," said Mesney.

While he understands residents' concerns, Quinn said the parks department has tried other population control methods but nothing has proven to be as effective as removing the eggs.

"We are looking at other options as far as how we can manage the eggs without actually taking them out of the nest," he said. "But at this point in time, we haven't come up with a good solution."

IN BRIEF

RCMP arrest suspected BMW thief after chase

RCMP have arrested a man suspected of stealing a new BMW SUV from a Coquitlam garage after taking the keys from a home while the owners slept.

Police say the vehicle stolen last Sunday was monitored by an RCMP helicopter that provided updates to officers on the ground as it travelled through New Westminster, Surrey and Burnaby.

Officers say the driver ran away after the crash, and numerous items including mail, jewelry and tools suspected to be stolen from Coquitlam and Maple Ridge were found inside. RCMP say 23-year-old Brandon Cumming-Hobson of no fixed address was found hiding in a residential stairwell a short time later and was arrested on Thursday by police. The man has now been charged with numerous counts including dangerous operation of a motor vehicle and breach of probation. THE CANADIAN PRESS

Firefighters go on rescue mission to Nepal

A team of firefighters from B.C.'s Lower Mainland is joining an effort to find survivors of the worst earthquake to hit Nepal in more than 80 years. Twenty officials from Mission and Burnaby are going on a six-day expedition with the disaster relief organization, Canadian Medical Assistance Teams.

Capt. Norm MacLeod of Mission Fire Rescue says three firefighters are bringing along sniffer dogs to look for people trapped under rubble and debris.

MacLeod says crews will do the best they can to help victims of the tragedy, and hopes lives can be saved. THE CANADIAN PRESS

A man cycles by the exterior of the yet-to-open aboriginal carving pavilion at Britannia Community Services Centre on Monday. JENNIFER GAUTHIER/FOR METRO

Carving pavilion ran $70,000 deficit

ABORIGINAL ISSUES

Centre orders review of expenses on project

Wawmeesh G. Hamilton
Metro | Vancouver

Directors of the Britannia Community Services Centre Society have ordered a review of why the centre's soon-to-be open aboriginal carving pavilion project ran an approximate $70,000 deficit.

Directors ordered the review at their Jan. 11 gathering, board meeting minutes note.

Society president Gwen Giesbrecht didn't return phone calls by deadline.

Construction of the 1,400-square-foot facility, which is built from cedar and has a roof shaped like a traditional aboriginal cedar hat, finished in February. A grand opening is tentatively scheduled for summer.

The $400,000 project was financed with municipal and federal money as well as private donations.

The city and Vancouver School Board agreed to pay for facility's $12,000 operating cost, a VSB report showed.

The site will be used to create for small-scale carving projects as well as for storytelling and other cultural activities. The need for culturally specific programming for aboriginal youth is noted in the Grandview-Woodland community plan.

Board meeting minutes report that the project was $60,000 to $70,000 in deficit. Reasons for the deficit included unforeseen changes in the project's design and location for unspecified reasons. Equipment and water sprinkler hook up were also cited as extra costs.

> **If the city means what it says about reconciliation then it will engage aboriginal people.**
> Scott Clark

According to the minutes, some directors didn't know the society had to use its own money to finance the costs. Some of the money was to be later reimbursed.

"The president of the board is hoping that the city will reimburse us the costs, " the minutes noted. "But in case they do not, she believes that it should come out of the foundation money." No explanation was given about what impact that would have on foundation initiatives.

The facility was built because of the high aboriginal population in the area.

The Grandview-Woodland community profile notes that more than 2,700 of the area's 27,000 residents are aboriginal.

The project is part of the city's reconciliation initiative which it adopted in 2013.

Society director Scott Clark said the people the pavilion serves and not the structure is the bigger issue.

"If city means what it says about reconciliation then it will meaningfully engage aboriginal people across all 24 community centres," he said. "Installing a carving pavilion isn't engaging aboriginal people."

IN BRIEF

Conditional sentence given to sexting teen

A Victoria teenager convicted on child pornography charges for sexting pictures of another girl has been handed a conditional discharge.

The teen was convicted last year of possessing and distributing child pornography after texting out explicit photos of her boyfriend's ex-girlfriend.

The court imposed a six-month sentence with conditions that include she write a letter of apology to the victim and keep the peace, which will lead to an absolute discharge and no criminal record if she complies.

Defence lawyer Christopher Mackie says his client still intends to appeal, because she believes her conviction was unconstitutional. THE CANADIAN PRESS

Tribunal holds inquiry into builders' tariffs

Canada's cemented position on rebar imports, the steel rods used by the construction industry to add strength to buildings, will be tested publicly this summer after complaints of rising costs by a British Columbia construction association.

The Canadian International Trade Tribunal imposed added duties and tariffs last year on rebar coming from China, North Korea and Turkey, saying the countries were dumping products into Canada.

The tribunal said Monday it has grounds to reconsider the anti-dumping duties and will hold a public-interest inquiry in Vancouver in July. It will decide no later than September. THE CANADIAN PRESS

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Winnipeg agencies urge precaution for homeless

CRIME

Two men were 'brutally killed' over weekend

Shane Gibson
Metro | Winnipeg

Police remove four dumpsters from behind a homeless shelter Monday morning, in connection with the investigation into the homicides of two men over the weekend that are believed to be linked. SHANE GIBSON/METRO IN WINNIPEG

While investigators removed four dumpsters from behind Siloam Mission Monday, the agency and other organizations working with Winnipeg's homeless say they're making sure their clients are taking precautions after the bodies of two men were found downtown Saturday.

An employee at a business near Siloam said officers who arrived on scene shortly before 8 a.m. Monday told him the area behind the mission at 300 Princess St. was taped off and the dumpsters had tarps over them as part of the investigation into the homicides.

A video released by police on YouTube Monday said the public should expect to see police investigating the homicides at various alleyways in the downtown area.

Winnipeg's homeless and vulnerable community were warned Sunday after police say at least one suspect "brutally killed" two men within the span of four hours over the weekend.

Police say Donald Collins, 65, was found in the rear of 329 Hargrave St. around 12:45 a.m. and Stony Stanley Bushie, 48, was found behind 333 Portage Avenue around 6:30 p.m.

Siloam's deputy director Laiza Pacheco said police didn't tell them what was of interest in the dumpsters, but the mission is cooperating with the investigation.

"We're trying to be as helpful as we can," she said.

Pacheco said the dumpsters could contain garbage from all aspects of the mission's work — from food scraps to things thrown out by people staying overnight — as well as anything thrown in by passersby.

While police continue to investigate Pacheco said Siloam has put up posters about the crime up at the mission, and staff are making sure their clients know to be careful on the streets.

Joel Cormie, operations manager at Winnipeg's Lighthouse Mission, said his staff would be doing the same for the 250 people expected for lunch Monday. "Obviously it's horrific and horrible and we hope that the person is caught and brought to justice," he told Metro.

"But whatever the reason it's happening we just hope that people are safe and they're taking the necessary precautions not to put themselves in harm's way."

24 SUSSEX DRIVE

PM's home gets upgrade

It's the Victoria Day long weekend and you and your dinner guests are basking in the sun, munching on nibblies while patties cook on the grill. You go inside to get something to cool your beverage and then it hits you: you have no ice.

It's a common enough dinner party faux pas that Prime Minister Stephen Harper and his wife Laureen are hoping to avoid this spring now that the aging commercial ice machine in the basement of their official residence at 24 Sussex Drive has finally reached the end of the line.

So the National Capital Commission, which manages the historic home, replaced it with a new, heavy-duty machine to grace their kitchen, according to a Jan. 19 memo obtained by Metro under the Access to Information Act.

The federal Crown corporation figured it would take 45 days to replace the old machine with a new one, at a cost of about $10,000. The machine alone was pegged to cost $7,000, with another $2,000 to $4,000 for mechanical and electrical modifications to move the unit to the kitchen from the basement.

Mark Kristmanson, head of the NCC gave the OK on the contract on Feb. 9.

The NCC says the work has been done, but a spokesman wasn't able to say how much it cost. JOE LOFARO/METRO IN OTTAWA

IN BRIEF

No assisted-suicide laws before election: MacKay

The federal government will not introduce new legislation to govern doctor-assisted dying before the expected October federal election, Justice Minister Peter MacKay said Monday.

MacKay said the government will soon reveal details of its long-promised public consultations on the emotionally charged issue, adding that officials are working behind the scenes to frame the discussion. "You should not expect that there will be any legislation certainly before the election, no," MacKay said. The Supreme Court struck down the prohibition on physician-assisted suicide last February. THE CANADIAN PRESS

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Nepal quake death toll rises; shattered villages ask for aid

KATHMANDU

Saturday's tremor was magnitude-7.8

As the death toll from Nepal's devastating earthquake climbed past 4,000, aid workers and officials in remote, shattered villages near the epicentre pleaded Monday for food, shelter and medicine.

Help poured in after Saturday's magnitude-7.8 quake, with countries large and small sending medical and rescue teams, aircraft and basic supplies. The small airport in the nation's capital, Kathmandu, was congested and chaotic, with some flights forced to turn back early in the day.

Buildings in parts of the city were reduced to rubble, and there were shortages of food, fuel, electricity and shelter. As bodies were recovered, relatives cremated the dead along the Bagmati River, and at least a dozen pyres burned late into the night.

Conditions were far worse in the countryside, with rescue workers still struggling to reach mountain villages two days after the earthquake.

Some roads and trails to the Gorkha district, where the quake was centred, were blocked by landslides — but also by traffic jams that regularly clog the route north of Kathmandu.

"There are people who are not getting food and shelter. I've had reports of villages where 70 per cent of the houses have been destroyed," said Udav Prashad Timalsina, the top official for the Gorkha region.

World Vision aid worker Matt Darvas arrived in the district in the afternoon and said almost no assistance had reached there ahead of him. Newer concrete buildings were intact, Darvas said, but some villages were reported to be devastated.

He cited a "disturbing" report from the village of Singla, where up to 75 per cent of the buildings may have collapsed and there has been no contact since Saturday night.

In the villages that have been reached, World Vision said the greatest needs were for search-and-rescue teams, food, blankets, tarps and medical treatment.

Timalsina said 223 people had been confirmed dead in Gorkha district, but he presumed "the number would go up because there are thousands who are injured."

He said his district had not received enough help from the central government, but Jagdish Pokhrel, a clearly exhausted army spokesman, said nearly the entire 100,000-soldier army was involved in rescue operations.

"We have 90 per cent of the army out there working on search and rescue," Pokhrel said. "We are focusing our efforts on that, on saving lives."

Nepalese people affected by the recent earthquake queue to receive food from a non-governmental organization on Monday, in Kathmandu, Nepal. MANISH SWARUP/THE ASSOCIATED PRESS

Nepal's Home Ministry said the country's death toll had risen to 4,010. Another 61 were killed in neighbouring India, and China's official Xinhua News Agency reported 25 dead in Tibet. At least 18 of the dead were killed at Mount Everest as the quake unleashed an avalanche that buried part of the base camp packed with foreign climbers preparing to make their summit attempts.

At least 7,180 people were injured in the quake, police said. Tens of thousands are estimated to be left homeless.

THE ASSOCIATED PRESS

DAMAGE

Locals take selfies of lost monument

Social media is a chronicle of life, and sometimes death. So it should be no surprise that a site of great human and cultural loss in Nepal's devastating earthquake is now barraged with the clicking of smartphones.

Near Kathmandu's famed Dharahara Tower, a historic nine-storey structure reduced to an enormous pile of red brick dust, dozens of people clambered around the debris clicking selfies and photos of their friends posing in front of the wreckage.

The tower, built by Nepal's royal rulers in the 1800s, was one of the country's most treasured monuments, and was photographed far more than other buildings destroyed by Saturday's quake.

It is unclear how many people were killed in the tower, but it was believed to have been filled with tourists.

Pawan Thapa, a 21-year-old business student who arrived from the suburbs to try to help with the recovery effort, was dismayed by the scene. Some of those taking pictures were smiling for the camera.

Most of those taking pictures, however, did not appear to be tourists but locals capturing the devastation of their community, and the loss of a landmark that had helped define it.

THE ASSOCIATED PRESS

A man takes a selfie on Monday at the historic Dharahara Tower, a city landmark, that was damaged in Saturday's earthquake in Kathmandu, Nepal. BERNAT ARMANGUE/THE ASSOCIATED PRESS

CANADA

Ottawa woman injured in quake

After spending the weekend terrified for her safety, the family of an Ottawa woman who was travelling in Nepal has finally heard some good news.

Faye Kennedy, a 32-year-old civil servant in Ottawa and an avid traveller, sent an email to her mother around noon on Monday, telling her family she was safe, but injured.

"It's been beyond harrowing, but Erland, Nisha and I have all miraculously survived. It's been beyond words," she wrote, adding that her two travelling companions are still stranded in Langtang National Park.

Kennedy was given priority and airlifted by helicopter to Kathmandu because she was injured, but she didn't include further details in her email.

"We know she's alive, so that's a step in the right direction, but she's injured and we're not sure what the nature of her injuries are," said her brother-in-law Justin Piché.

HALEY RITCHIE/METRO IN OTTAWA

Tidal 'doing just fine,' Jay-Z tells critics in Twitter rant

STREAMING SERVICE

Rapper's tweet tsunami latest effort to set record straight

Jay-Z unleashed a series of tweets on Sunday defending Tidal, the music streaming service he bought and relaunched a little over a month ago.

Tidal, a Swedish-based music streaming service entered an already crowded market, with the backing of several high-profile artists, promising higher quality audio files and more money going directly to the artists.

However, since its launch, consumers do not appear to have embraced the service and last week, the app fell out of the list of top 750 Apps on the iOS app store, after peaking at 83 on April 7.

In response to the negative publicity, Jay-Z unleashed a 15-missive tweet-storm Sunday, attempting to set the record straight against the "many big companies that are spending millions on a smear campaign."

Among the highlights:

"Tidal is doing just fine. We have over 770,000 subs. We have been in business less than one month."

"Tidal pays 75% royalty rate to ALL artists, writers and producers — not just the founding members on stage."

Jay-Z, seen with rapper Sean Combs at the 2015 NBA All-Star Game in New York City, took to Twitter to defend his music streaming service Tidal against critics. ELSA/GETTY IMAGES

> **Tidal is doing just fine. We have over 770,000 subs. We have been in business less than one month.**
>
> Jay-Z in a tweet on Sunday

But there still is a long way to go. Tidal's 770,000 subscribers are relatively small compared to the current market leader, Spotify, which as of January had 15 million paying subscribers and 60 million users.

Jay-Z's final tweet pointed to an exclusive concert by Jack White on the service. That might be the path to success, or at least differentiation, for the service. So far, Tidal's exclusives have not seemed impressive, or enough to galvanize consumer interest. Part of the issue is that because of the number of existing record label deals with artists, it's hard to get truly exclusive content.

The other is the issue of timing. Unlike streaming video, where there is a dogfight to create or lock up exclusive content for rival services — which can easily be seen in Canada as Netflix, Shomi and Crave all issuing press releases when they sign a deal for new series of exclusives with networks — music streaming is already commoditized and many of the rival services all have huge libraries with much of the same content.

TORSTAR NEWS SERVICE

REACTION

Apple reportedly taking pre-emptive action

While the Tidal service definitely faces an uphill struggle, there may be some truth to the allegations about the competition. The New York Post's gossip site Page Six reported last week that Apple executives have "declared war on artists who sign up with Tidal" and that the company may be taking longer to publish updates to Tidal in a pre-emptive move to help its relaunch of Beats Music, which is scheduled for June.

RETAIL

Nunavut split on beer sale

Nunavut politicians are once again facing the emotional issue of whether to open the territory's first retail store to buy alcohol.

Residents of Iqaluit strongly favoured a beer and wine store in a vote last week. But many remain deeply opposed to it, fearing further booze-fuelled social problems in a community that already has plenty of them. Supporters say easier access to beer and wine would fight bootlegging and wean some drinkers off more powerful hard liquor.

Nunavut has Canada's most restrictive liquor laws, with many communities banning alcohol entirely.

The decision to allow a beer and wine store in Iqaluit now rests with the territorial cabinet. THE CANADIAN PRESS

Spokeo case in top court

The U.S. Supreme Court said it will decide whether websites and other firms that collect personal data can be sued for publishing inaccurate information even if the mistakes don't cause any actual harm.

The justices will hear an appeal from Spokeo.com, an Internet search engine that compiles publicly available data on people and lets subscribers view the information, including address, age, marital status and economic health.

Thomas Robins, a Virginia resident, sued Spokeo after viewing a profile on himself that was riddled with errors.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Tuesday, April 28, 2015

the big number

500:1

Those are the odds, as of press time, for a new royal baby named Daenerys, a.k.a. Khaleesi, Mother of Dragons and rightful heir to the Seven Kingdoms. A safer bet for what Kate and William will call the new princess or prince — according to top U.K. bookie Ladbrokes — is Alice (5:4) or Arthur (12:1). Today as the birthday also has good odds (3:1). But if you're really a gambling hound dog set on heartbreak, go ahead and bet on the name Elvis — the odds are a blue-moon 1,000:1.

Handled properly, bikes benefit everyone

YOUR RIDE
Karen Quinn Fung

Cycling in our cities is here to stay.

Not because Vancouver is waging "war on the car," and not because a shadowy "bicycle lobby" is conspiring to ram bike lanes down our throats.

It's because the way people live in our cities has changed dramatically.

Last week, Metro Vancouver released a study examining the cost burden of housing and transportation across the region. It found that households earning less than $50,000 a year spend up to a whopping 67 per cent of their income on housing and transportation.

While transit has a big part to play, the opportunity for cycling is nothing to sneeze at. TransLink's data shows 55 per cent of trips made by car throughout the region are shorter than six kilometres, and a significant portion under two kilometres — distances well within the threshold of a comfortable bike ride.

When you consider how cheap and space-efficient bike ownership is, the preventive physical and mental health benefits of regular exercise, then factor in volatile gas prices and the need to reduce our carbon footprint, it's clear that the growing popularity of cycling is a win-win for society as a whole, as well as for individual cyclists.

The catch? We have to figure out how to make cycling convenient and comfortable for all.

Nowhere is this challenge being felt more than in Vancouver's Grandview-Woodland neighbourhood — leading the city at 15 per cent share of all trips by bike, but lacking a dedicated cycling facility on its main retail street, Commercial Drive.

Cycling must be safe and accessible for all.

Business owners are rightfully anxious about parking and impacts on deliveries. Meanwhile, neighbourhood residents, like those in the group Streets for Everybody, want a low-speed street where cyclists, transit riders and pedestrians can all travel safely and efficiently to meet their daily needs.

While neighbourhood bikeways are essential, on-street facilities are also necessary — supporting door-to-door travel, but also visibly promoting cycling as an acceptable travel mode.

As our city's planners well know, the financial and health benefits of cycling are unattainable if we're not honest about who's winning and losing on our streets as they are right now.

I've just returned from five days on my bike in Seattle, where it sometimes seemed that painted shared-lane markings, or "sharrows," were the only welcome I'd get. Despite four days of gorgeous weather, I saw few women on bikes, and hardly any children or seniors at all.

We can do better for our region. In order to support affordability, we must.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD

metroview

"B.C. is not prepared for an earthquake"

My mum can't remember what's packed into the two large garbage bins waiting by the woodpile for the big one to hit B.C. My dad was the mastermind behind the earthquake kits — the contents of which could furnish an art installation on preparedness and its quaintness. Sleeping bags. Tent. Canned food. Can opener. Shoes. Radio. Medical kit.

When the big one hits — scientist say a mega earthquake and tsunami off the West Coast are inevitable — my parents will be ready to survive, if they survive.

There are two ways to see an earthquake like the one that hit Nepal Saturday, killing 4,000 and counting.

On one hand, there's the destruction that no government can fully prevent, and no Victoria, B.C., family can escape via stocked garbage bins. On the other hand, there's the hindsight that tells us more should have been done to shore up unstable buildings and save lives.

In between is apathy.

A report released last month chides the B.C. government for not addressing earthquake apathy in both the public and inside government, and for prioritizing short-term needs over preparedness. The government has "hamstrung" Emergency Management B.C. with budget cuts, charged Henry Renteria, author of the report, earthquake survivor and former emergency-preparedness director in California.

He found little had changed since the provincial auditor general last year determined B.C. is "not adequately prepared for a catastrophic earthquake."

The government has spent millions on seismic upgrades to bridges and has promised at least $2.2 billion for schools. But Renteria's report calls for more, including increased funding and power to Emergency Management B.C. and co-ordination between the province, businesses and government.

"You can bet those scenes of destruction can happen here," he said, referring to Nepal. Every city on this continent is vulnerable to a moderate earthquake. "Bridges, electrical systems, water delivery systems."

Accepting that more must be done, the government then put the onus on individuals, urging people to spend $5 to $20 on their own earthquake kits. My parent's garbage bins ("unique in the neighbourhood," my mum admits) cost more. But the news from Nepal didn't cause him anxiety, nor does a recent study suggesting a one in 10 chance the next 50 years will bring a tsunami ripping over Vancouver Island. My parents are ready to jump out of bed and roll the garbage bins to higher ground.

"We've done what I think is reasonable," Dad said. Everything else "is beyond our control."

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No longer with Nick, Mariah Carey unveils croony breakup ballad, Infinity

Writers protest Hebdo award

CONTROVERSY

PEN's freedom of expression prize divides literary world

Charlie Hebdo, a satirical magazine seen here supported by a graffiti artist in Rennes, France, is the controversial recipient of a Freedom of Expression Courage Award at the PEN American Center gala next month. DAMIEN MEYER/AFP/GETTY IMAGES

Canadian author Michael Ondaatje is among a group of at least six writers who have withdrawn from next month's PEN American Center gala, citing objections to the literary and human rights organization's honouring the French satirical magazine Charlie Hebdo.

PEN announced Sunday that the writers were upset by Charlie Hebdo's portrayals of Muslims and "the disenfranchised generally."

The Paris-based magazine, where 12 people were killed in a January attack at its offices, is to receive a Freedom of Expression Courage Award at the May 5 event in Manhattan. Much of the literary community rallied behind Charlie Hebdo after the shootings, but some have expressed unhappiness with its scathing cartoons of the Prophet Muhammad and other Muslims.

Francine Prose, a former PEN American president, has also withdrawn.

"I was quite upset as soon as I heard about (the award)," Prose said during a telephone interview Sunday night. Prose said she was in favour of "freedom of speech without limitations" and that she "deplored" the January shootings, but added that giving an award signified "admiration and respect" for the honouree's work.

"I couldn't imagine being in the audience when they have a standing ovation for Charlie Hebdo," Prose said.

The gala is the highlight of PEN's annual, week-long World Voices Festival and is intended as a celebration of artistic achievement and expression, with past award winners including Ondaatje, Salman Rushdie and Philip Roth. Besides Charlie Hebdo, which will be represented by editor in chief Gerard Biard and critic and essayist Jean-Baptiste Thoret, others receiving awards include playwright Tom Stoppard, Azerbaijani journalist Khadija Ismayilova and Penguin Random House CEO Markus Dohle.

Prose and Ondaatje were among more than 60 writers scheduled to serve as hosts. According to PEN, the other hosts who decided not to attend were Teju Cole, Rachel Kushner, Taiye Selasi and Peter Carey.

Ondaatje declined an interview request on Monday.

In a letter sent earlier Sunday to PEN trustees, current PEN American president Andrew Solomon acknowledged that several people were offended by some of Charlie Hebdo's cartoons, but added that PEN believed strongly in the "appropriateness" of the award.

"It is undoubtedly true that in addition to provoking violent threats from extremists, the Hebdo cartoons offended some other Muslims, as their cartoons offended members of the many other groups they targeted," Solomon wrote.

"But, based on their own statements, we believe that Charlie Hebdo's intent was not to ostracize or insult Muslims, but rather to reject forcefully the efforts of a small minority to place broad categories of speech off limits, no matter the purpose, intent or import of the expression," he said.

"We do not believe that any of us must endorse the contents of Charlie Hebdo's cartoons in order to affirm the principles for which they stand, or applaud the staff's bravery in holding fast to those values in the face of life and death threats."

THE ASSOCIATED PRESS

Michael Ondaatje is one of the writers protesting the award. GETTY IMAGES

IN DEFENCE

Rushdie supports PEN

Salman Rushdie defends the award, saying the decision of six writers to skip the PEN gala in protest will encourage intimidation. "The Charlie Hebdo artists were executed in cold blood for drawing satirical cartoons, which is an entirely legitimate activity. It is quite right that PEN should honour their sacrifice and condemn their murder," Rushdie wrote.

ANALYSIS

Prince of grunge was fuelled by shame

SOUND CHECK

Alan Cross

"Shame. That's what made Kurt into who he was."

I was on the phone with a writer friend from Los Angeles discussing the new documentary Kurt Cobain: Montage of Heck.

"He suffered from imposter syndrome, afraid that someone would call him out for being a fake. That came into conflict with the knowledge that he did have talent. And partly because he came from a broken home where his strong mother constantly berated his father — which explains why he was attracted to Courtney — he was never able to resolve this inner battle, even as he was being anointed the voice of a generation. Hence the shame."

This is one of the many conclusions that might be drawn from the film's two-and-a-quarter hours, which attempts to humanize the complicated Cobain from his birth to just before he took his own life in April 1994.

When Courtney Love first approached Brett Morgen to create a documentary about her late husband in 2007, he thought it would take 18 months. After all, he had previously tackled difficult celebrity topics with The Kid Stays in the Picture, the story of Hollywood film producer Robert Evans. No such luck.

Delays were caused by Courtney's various legal black holes — the lawsuits, the financial issues and the turmoil between her and daughter Frances Bean, important because she eventually served as Montage's executive producer. She was vital in securing the cooperation of the rest of Kurt's family. And then there was the storage locker. After Kurt died, Courtney heaved all his stuff into storage to prevent it from being picked over by "friends" who seemed hell-bent on stealing as much as they could. Nothing was organized or catalogued; no one knew what was in that locker. And because Kurt was such a pack rat — anyone want to psychoanalyze that? — there was a lot of stuff to go through before any kind of narrative could be sculpted. The one that emerged is much different than expected: Beyond the expected misery, Kurt was a warm, fun guy.

Montage gets especially eerie in the sections where Morgen uses Kurt's own voice. It seems like he's narrating his life story from beyond the grave.

Kurt was a complex character. And while we'll never really know who Kurt Cobain was, Montage of Heck is probably the closest anyone will ever get.

A young Kurt Cobain in happier days. CONTRIBUTED

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No one wants to hear you TALK LIKE THIS to your kids at dinner

URBAN ETIQUETTE

Ellen Vanstone

Dear Ellen,

When I'm out with friends for dinner and drinks, we hate to find ourselves next to a table with unruly children. But even worse is listening to parents loudly discipline them. Kids will be kids, I get that. But, why do parents feel a need to prove how good they are at parenting? If they were that good, maybe the kids wouldn't act up in the first place.

Victor, Calgary

Dear Victor,
First of all, kudos for not blaming the children, who by definition are noisy, smelly, obnoxious and unbearable to be around much of the time.

But who among us has not shrieked, vomited, thrown food or lost control of our bodily functions in public before the age of two — or, indeed, even after the age of two when certain college events or intense personal relationships got out of hand.

As for blaming the parents, I'm with you all the way. These narcissistic, ill-bred boors are practising a style of "performative parenting" popularized by boomers in the late 20th century, now being practised by their procreating Gen X spawn. It consists of TALKING TO YOUR CHILDREN IN A LOUD, CLEAR VOICE at all times — at the supermarket, in nice restaurants, on airplanes — in order to meet the performative parent's own bottomless need for constant attention from the rest of us.

They possibly think we find them witty and fascinating as they archly tell little Attila or Grendela that "Mommy can't give you any of the nice artisanal bread, darling, because the gluten might upset your stomach enzymes," at which point their co-parent might chime in to add — with a wink at his or her mate — "But seeing as it's Mommy's turn for diaper-changing tonight, maybe a little cracker won't hurt."

Hilarious. Except the poor kid doesn't get the joke.

All the little blob is learning (unless Attila or Grendela is a genius who understands organic chemistry, in which case I'll eat my hat, some crow and all the bread) is that it's OK to foist your lame-ass conversation on paying customers around you when you go out to dine in any establishment that is not a fast-food circus.

I hasten to add that I know how difficult it is to raise pre-adolescent humans, but good manners and common sense is all you need.

All you need to do is treat them the way a zookeeper treats a non-housebroken, slightly crazed wombat: Feed and water them, shower them with love and attention, keep them penned up until it's absolutely necessary to inflict them on society.

And then train them to behave quietly and discreetly in restaurants and other public places by setting a proper example yourself.

It can be difficult to raise pre-adolescent humans, but good manners and common sense is all you need. ISTOCK

Need advice? Email Ellen at scene@metronews.ca

FAMILY LAW

Pink concert OK for preteen: Judge

A mom's decision to take her 11-year-old daughter to a Pink concert has a judge saying, "So what?"

The New Jersey judge says the concert trip isn't evidence of bad parenting.

NJ.com reports the girl's parents are divorced, and her father accused his ex-wife of abusing her parental discretion by taking their daughter to the December 2013 concert at the Prudential Center in Newark.

But state Superior Court Judge Lawrence Jones rejected the complaint in a 37-page decision that contained a brief history of rock 'n' roll and a commentary on the increasing use of judges as referees for warring divorced parents.

Pink in concert. GETTY IMAGES

Jones said Pink may have some suggestive moves and lyrics, but she's an artist whose works aren't necessarily inappropriate for preteens.

Jones noted in his decision that he spoke privately with the girl, who is now 12, and took into consideration the mother's reasoning for allowing her daughter to attend the show.

He found that the mother "in no way, shape or form exceeded the boundaries of reasonable parental judgment" in taking the girl to the show during her own parenting time. He also found that she didn't subject the child to any unreasonable risk of harm. THE ASSOCIATED PRESS

Salma Hayek, seen here in London in March, has brought Kahlil Gibran's novel The Prophet to the big screen. TIM WHITBY/GETTY IMAGES

Prophet adaptation personal for Hayek

PAGE TO SCREEN

Actress visits ancestral Lebanon to promote film

Hollywood star Salma Hayek, in her ancestral homeland Lebanon for the first time, launched the global premiere of her animated adaptation of Kahlil Gibran's celebrated novel The Prophet on Monday.

The Mexican actress and director described the movie version of the Lebanese author's spiritually uplifting book as a "love letter to my heritage."

She said the adaptation, which features an all-star cast, was a "personal film" because her Lebanese grandfather loved The Prophet.

"Through this book, I got to know my grandfather. Through this book, I had my grandfather teaching me about life," said the star, who has been in Lebanon since Friday.

The Prophet, now in its 163rd edition, is widely considered the second-most-read book in the world, after the Bible.

The movie adaptation, being screened in Beirut on Monday evening, features the voices of Hayek, along with actors Liam Neeson, Alfred Molina and Frank Langella.

A collection of poems and prose, originally written in English, The Prophet has been translated into more than 40 languages since its first publication in 1923.

> **Through this book, I had my grandfather teaching me about life.**
> Salma Hayek, whose Lebanese grandfather loved The Prophet

It tells the story of Almustafa, who before returning to his homeland, speaks to residents of the city of Orphalese about different aspects of life — love, work, children, friendship and death.

The movie is entirely animated, with dream-like fantasy sequences as Almustafa — called simply Mustafa in the film — shares his wisdom before being expelled by authorities because of his poetry.

Divided into 26 chapters, verses from The Prophet are often quoted at births, weddings and funerals around the world.

"Your children are not your children, they come through you but not from you," one popular line reads.

"When love beckons to you, follow him, though his ways are hard and steep," reads another, a regular at weddings. AFP

PUNK DUO

Girlpool dives into themes of growing up

Introspective punk duo Girlpool has attracted a following of critics and fans who are drawn to their candid, heartfelt lyrics and stripped-down sound. They've just announced a debut LP and have a series of live shows planned to mark its release.

Born and raised

Girlpool is Philadelphia-based Cleo Tucker (guitar) and Harmony Tividad (bass), who were born and raised in Los Angeles and moved to Philly in 2014 after releasing their self-titled EP. The duo's raw sound, consisting of harmonized vocals set over their guitar and bass instrumentation, is spotlighted on their upcoming debut LP, Before the World Was Big, due out June 1.

Why the buzz?

Girlpool has won over critics with powerful and often vulnerable lyrics delivered in a punk-inspired style with minimal accompaniment.

In a review of the LP's title track, Pitchfork writes, "On songs about gender, sexuality, and the fraught process of going to rock shows alone, the duo has constantly grappled with themes and subjects that demonstrate the unique anxieties of growing up in the 21st century."

Find it online

Over on SoundCloud you can hear the title track from Girlpool's upcoming LP. On YouTube you'll find an official video for earlier track Plants and Worms as well as the tour documentary Girlpool: Things Are OK. Before the World Was Big is available for pre-order via Wichita Recordings.

Canadian tour dates

Girlpool has a few Canadian dates in May, followed by more U.S. shows and a gig at Eagle Rock in Los Angeles to mark the LP release. They will play Vancouver's Biltmore Cabaret on May 2, Toronto's The Garrison on May 10 and Bar le Ritz PDB in Montreal on May 11. AFP

Girlpool has won over critics with its debut LP. ALICE BAXLEY/AFP

FORMER Q RADIO HOST

Jian Ghomeshi saga being turned into book

A book on disgraced former radio star Jian Ghomeshi, written by Toronto Star investigative reporter Kevin Donovan, is slated for release in late June.

Kobo and ECW Press say they've partnered to co-publish Jian Ghomeshi — Secret Life.

Kobo says the book will reveal details and background about Ghomeshi and explore how he came to be fired as host of CBC Radio's Q.

Ghomeshi is charged with seven counts of sexual assault and one of overcoming resistance by choking, but his lawyer has said he will plead not guilty to all charges.

Kobo and ECW Press say Donovan, who has covered the story for the Star, has interviewed a number of women and former colleagues from Ghomeshi's past.

Kobo will offer the book digitally while ECW Press will put out the print version to the North American marketplace.

Kobo vice-president Pieter Swinkels says the book is "a thought-provoking story that forces us to look again at social, cultural and gender roles." THE CANADIAN PRESS

A book on Jian Ghomeshi, pictured, is being written by reporter Kevin Donovan. DARREN CALABRESE/THE CANADIAN PRESS

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Rescued from domestic slavery

Children forced to work, forgo education

Fourteen-year-old Haitian Sonite Edmond despondently recalls being forced to work as a restavek when she was just six years old. Meaning "to stay with" in Creole, restaveks are children working in domestic slavery, as Sonite was forced to do when she went to "stay with" her godmother in Port-au-Prince.

"Restaveks typically come from low-income families in which parents or caregivers lack adequate resources to care for their children," says Debbie Landis of World Vision Haiti. "They send them to live with other families in the hopes they will be given a better life."

But life for restaveks is rarely better. These children usually work long hours with insufficient food and clothing. They also must forgo their education in order to work, and are often targets of physical and sexual abuse.

"She promised to send me to school. I kept waiting," Sonite tells of living with her godmother. "For two years I worked in her house. I never got to go to school."

Instead, she was put to work sweeping, mopping, and taking care of others.

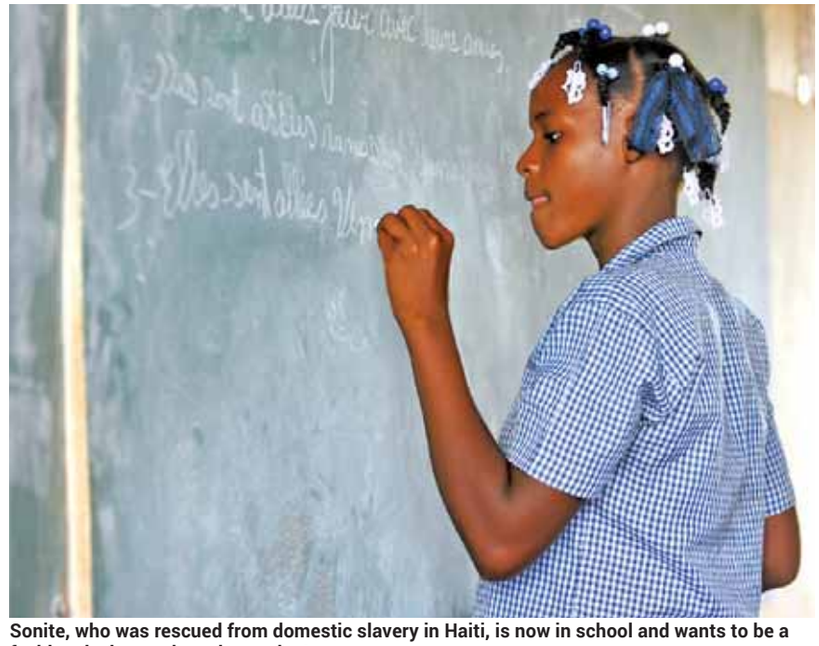
Child exploitation is not uncommon in Haiti or countries with similar socioeconomic circumstances, be it in the form of child trafficking and smuggling, sexual abuses, or domestic and forced labour. According to UNICEF, 10 per cent of children in Haiti are forced into domestic work that takes them away from their friends, family, and schoolwork. Three-quarters of these restaveks are girls, like Sonite.

After realizing his daughter was not attending school, Sonite's father rescued her from her godmother's care and brought her back home. He then sought help from World Vision to get her the education she needed and deserved, enrolling her at L'ecole National de Tamarin, which World Vision helped build.

Now in secondary school, Sonite is enthusiastic about her own education and passionate about promoting youths' right to education.

"It's not fair that some kids get to go to school and others don't," Sonite says. "As long as I'm alive, I'd like to keep going to school. I want to keep learning, because without this you're nothing."

To find out more about World Vision or to sponsor a child, visit worldvision.ca/sponsor.



Sonite, who was rescued from domestic slavery in Haiti, is now in school and wants to be a fashion designer when she graduates. CONTRIBUTED

Make a difference until there is no difference.

Help us create a world without child slavery. worldvision.ca/sponsor

World Vision

metro SPORTS

The L.A. Angels have traded embattled outfielder Josh Hamilton back to Texas

Tuesday, April 28, 2015

Canucks' core still believes

NHL

But is youth movement on after team's latest early exit?

Cam Tucker
Metro | Vancouver

Under head coach Willie Desjardins, the Canucks experienced a bounce back season — second place in the division, with 101 points and home ice in the playoffs.

However, for the third time in four years — the one omission is because the Canucks didn't make the playoffs in 2013-14 — Vancouver's NHL team was bounced in the first round, the latest disappointment occurring in a six-game series with the Calgary Flames.

The Sedin twins exceeded their disappointing point totals from a year ago, as did Alex Burrows, who revealed he suffered a fractured rib and dislocated rib cartilage after a fight in Game 3 in Calgary.

"We have no plans of getting any worse," said Henrik Sedin.

"We're not young anymore, but I think we showed this year that we can still be a big part, productive and we can play well. I don't see that changing in the next couple of years."

But for how much longer can this core stay together?

Will general manager Jim Benning ask veterans with no-trade clauses to waive those in order to open up space for the younger players in the system?

(For the record, defencemen Kevin Bieksa or Dan Hamhuis said they hadn't given any real thought to the notion of being asked to waive their no-trade clauses. Also, Benning, Desjardins and president Trevor Linden will address the media on Wednesday.)

For the first time in a while, it seems the Canucks have some promising prospects down in Utica, or still in junior, but the pool of young talent still needs to be added to.

Then there is 20-year-old rookie Bo Horvat, who started slow while he acclimatized to NHL speed and making sure he was responsible defensively before gaining confidence to make plays in the offensive zone.

Should the Canucks' roster remain relatively status quo — and that depends, too, on pending unrestricted free agent forwards Shawn Matthias and Brad Richardson — this team could have as many as nine players over the age of 30.

Hence calls for a continued youth movement.

"I think this core is still capable of big things," said Bieksa.

"If you don't win the Stanley Cup, you're going to get those questions every year. What's the winning formula? Who knows? Until you win the Cup, who knows what it is. All I know is this core gives us a good chance to win it every single year.

"We got younger this year. We had some guys like Bo step in with big roles and I'm sure next year there will be a couple other guys stepping up, too, but I still believe in this core."

Kevin Bieksa says he thinks the Canucks' aging core still has more big moments to give. JONATHAN HAYWARD/THE CANADIAN PRESS

INJURY NOTE

Zack Kassian was back behind a microphone, shedding light on, well, a back injury that kept him out of the lineup since mid-March.

The 24-year-old Kassian said Monday the injury he suffered in a scrum with Leafs' captain Dion Phaneuf was "nothing serious" and it will not require surgery.

"I have no doubt in my mind I'll be ready to go for next year," said Kassian.

He couldn't escape the frustration after a 42-game season in which he scored 10 goals and 16 points, was a healthy scratch as consistency was again an issue and was rumoured to be on the move at the deadline.

His peak this season came while playing on a line with the Sedin twins in February. He scored seven goals and nine points that month.

The bulk of his offensive production came in such a small span, with his season being disrupted midway with a finger injury.

"If you look back on it, playing 40 games a year is not going to make a career," he said.

Kassian said he had been rehabbing to get to a point where he could get back in the lineup for the post-season, had the Canucks advanced past Calgary.

CAM TUCKER/METRO

WOMEN'S SOCCER

Canada names roster

The Canadian national women's soccer team on Monday named its 23-player roster for the FIFA Women's World Cup, with the day's events further driving home the fact this massive global event is quickly approaching.

"It is coming quick and I think that's the exciting part," said head coach John Herdman, tasked with prepping his squad for this tournament, which will take place on home soil beginning June 6 against China.

"We are, at times, potentially too organized with our planning. Every day, we're just ticking a day off. And you're getting closer but you don't really see the woods for the trees because you're just so into the detail and the planning. And you have a day like this and you're like, 'Wow, it genuinely is this close.' Then you go back to your plan and you go, 'We're on track.'"

There is new blood, like London, Ont., midfielder Jessie Fleming, who just turned 17 years old last month and has made six starts in seven games this year for the national team.

Then there were the veterans, like Melissa Tancredi and Sophie Schmidt, and, of course the star, Christine Sinclair, who has scored 153 goals in 222 appearances at the international level.

"I think the young kids, they don't tend to over-process things," said Herdman.

CAM TUCKER/METRO

NHL PLAYOFFS

Kuznetsov boosts Capitals in Game 7

The Russian forward drafted in the first round by the Washington Capitals finally delivered a breathtaking, winning goal in a Game 7. No, not Alex Ovechkin — Evgeny Kuznetsov.

Skating around every opponent on the ice, Kuznetsov scored the go-ahead goal with less than 7-1/2 minutes left in Game 7, and Braden Holtby only needed to make 10 saves Monday night, lifting the Washington Capitals past the New York Islanders 2-1.

THE ASSOCIATED PRESS

Evgeny Kuznetsov scores the winner on Monday night in Washington. GETTY IMAGES

IN BRIEF

Johnson's money game carries Lightning through

Tyler Johnson scored two goals in his latest stellar performance and the Tampa Bay Lightning held on for a 5-2 win over the Detroit Red Wings on Monday night, forcing a Game 7 in their first-round playoff series. Johnson and Jason Garrison scored in the first period, and Johnson added another goal in the second to give the Lightning a 3-0 lead. Tomas Tatar scored twice for Detroit.

THE ASSOCIATED PRESS

NBA PLAYOFFS

Deron shoots down Hawks to tie series

Deron Williams rebounded from two dismal games with 35 points, and the Brooklyn Nets pulled out a 120-115 overtime win over the Atlanta Hawks on Monday night, tying the series 2-2.

The Nets, just 38-44 in the regular season, won the second straight in the series and moved two victories from becoming the sixth No. 8 seed to beat a No. 1 — only the fourth since the first round became best-of-seven.

Bojan Bogdanovic made the go-ahead three-pointer with 1:25 left in OT but the Nets never would have gotten there without Williams, whose 16 points in the fourth quarter were two fewer than he had total in the first three games of the series.

THE ASSOCIATED PRESS

GAME 4 In Brooklyn

NETS	HAWKS
120	115

Canada captain Christine Sinclair jokes with her niece after the Women's World Cup roster was announced on Monday. DARRYL DYCK/THE CANADIAN PRESS

5 PLAYERS AND THEIR OTHER PROFESSIONS

The 23-woman Canada roster announced Monday for this summer's Women's World Cup is more than a collection of soccer players: It's an eclectic group with many strings to its bow. Here's a look at some of the women's off-the-field talents.

THE CANADIAN PRESS ALL PHOTOS GETTY IMAGES

1 Erin McLeod: Artist/entrepreneur

A renaissance goalkeeper, McLeod is a talented artist whose first solo show, titled Limitless, in Toronto was a hit in the fall of 2013. "I've always drawn. It's always been kind of my release." She currently has 13 commissioned pieces on deck. The Alberta native, who has a home in North Vancouver, also is an investor in and brand ambassador for Peau de Loup, a clothing line founded by Vancouverites Adelle Renaud and Beccy Anderson. The company has a date on the Dragons' Den TV show and is slated to create travel suits for the World Cup team. **For more information, visit erinmcleod.net and peaudeloup.com.**

2 Desiree Scott: Zumba instructor

The tenacious five-foot-two Winnipeg midfielder, known as The Destroyer, loves to dance and took a course in 2014 to get certified. Zumba uses a mix of salsa, reggaeton, merengue and other music. "It's just about really feeling the music and it actually is a workout ... it's a fun way to get some exercise in." **Follow @MsDScott11 on Twitter.**

3 Lauren Sesselmann: Fitness DVD guru

The American-born defender, who qualifies to play for Canada through her father, who was born in Stephenville, N.L., has her own successful fitness program called Fit As a Pro, which focuses on quick, high-intensity on-the-go workouts. "I absolutely love it. Fitness is a part of our life, so it's something that really interests me ... and if I can help other people get to that level, that's definitely my dream." **For more information, visit fitasapro.com.**

4 Melissa Tancredi: Chiropractor

The veteran striker, who has three degrees, started her chiropractic studies in 2006 and graduated last year, after essentially taking 2013 and 2014 off from soccer to focus on her studies. She started in pre-med at Notre Dame but became interested in becoming a chiropractor, recommended by the football team, after seeing one for back problems. "He treated me and he started giving me books and stuff to read and I really fell in love with it." The native of Ancaster, Ont., graduated from Logan College of Chiropractic in suburban St. Louis. **Follow @MelTancredi14 on Twitter.**

5 Emily Zurrer: Food truck owner

Emily Zurrer and Selenia Iacchelli are food truck co-owners. The two friends and teammates, along with Iacchelli's sister, own a Vancouver food truck called Sweet Ride FroYo 'n' Waffles, which hit the road in the summer of 2013. The business is currently on the backburner because of their soccer demands. The big seller? That's easy, says Zurrer, a defender from Crofton, B.C.. It's the Sweet Monkey, which is a Liege waffle with frozen yogurt, peanut butter, Nutella, banana and Skor pieces. "Don't tell Cesar about that one," joked Zurrer, referring to Cesar Meylan, the sport scientist tasked keeping the women in peak physical condition. **Follow @SweetRideFroYo on Twitter**

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MLS

Impact keeper out of second-leg final

The Montreal Impact will try to win the biggest game in franchise history without the help of their starting goalkeeper.

Due to an accumulation of yellow cards, Montreal's Evan Bush will not play in the second leg of the CONCACAF Champions League final against Mexico's Club America on Wednesday. The Impact appealed the suspension after the team's first leg in Mexico City last week — a 1-1 draw — but CONCACAF rejected it Monday.

Bush was shown the yellow card in the dying minutes of last Wednesday's game for kicking the ball at Club America's Paul Aguilar seconds after the Mexican side tied the game. The Montreal goalkeeper was also cautioned for wasting time in the semifinal against Costa Rica's Alajuelense earlier in the month.

Impact goalie Evan Bush. AL MESSERSCHMIDT/GETTY IMAGES

A win or a scoreless draw in the second leg at a sold-out Olympic Stadium would give Montreal the victory on aggregate.

THE CANADIAN PRESS

RECIPE Chili Topped with Cornbread

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Ready in
Prep time: 15 minutes
Cook time: 42 minutes

Ingredients
Serves 6
- 2 tsp vegetable oil
- 1½ cups chopped onion
- 1 cup canned corn kernels, drained
- 2 tsp minced fresh garlic
- 8 oz extra-lean ground beef
- 1 can (19 oz) red kidney beans, drained and rinsed
- 2½ cups tomato sauce
- 1 cup diced potato
- ½ cup chicken or beef stock
- 2 tsp chili powder
- 1½ tsp dried basil
- ½ tsp cumin
- ¼ cup chopped fresh parsley

Cornmeal Dumplings
- 2/3 cup all-purpose flour
- 1/3 cup cornmeal
- 1½ tsp baking powder
- 2 tsp granulated sugar
- 1/3 cup milk
- 1 egg
- 2 Tbsp vegetable oil
- 2 Tbsp chopped green onions or chives
- 1 cup grated low-fat cheddar cheese

Directions

1. Preheat oven to 400 F.

2. In a large skillet add oil, onions corn and garlic; cook until corn begins to brown, about 5 minutes. Stir in the beef and cook for 5 minutes, until the beef is cooked.

3. Stir in the beans, tomato sauce, potato, stock, chili powder, basil, and cumin. Bring to a boil, reduce the heat and cover. Simmer for 20 or just until the potatoes are tender.

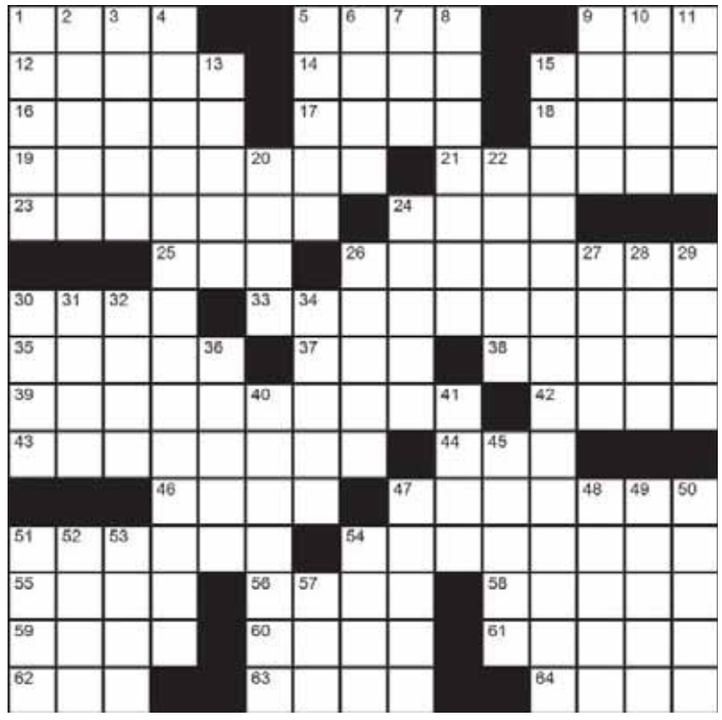
4. While chili is cooking: combine flour, cornmeal, baking powder, sugar, milk, egg, oil, green onions and ½ cup cheese until combined and spoon over chili in about 6 large mounds. Add remaining half cup cheese and bake for 12 - 15 minutes or until cornbread is cooked.

Nutrition information per serving (recipe serves 6)
- Calories 470
- Protein 26 g
- Fat 13 g
- Saturated fat 4 g
- Carbohydrates 60 g
- Cholesterol 56 mg
- Sodium 565 mg
- Fibre 8 g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. __ salts
5. The __ Brothers (Montreal folk quartet)
9. Allow
12. Hodgepodges
14. Take _ __ from (Be influenced)
15. Rabbit-like animal
16. Finished/broken, in slang
17. Sawing cut
18. Aussie footwear
19. The Caped __ (Batman)
21. Greatest extent
23. Ancient style of ruler
24. Jump
25. Gold: Spanish
26. Brown __ (Type of catfish)
30. Ride the waves
33. Enroll again; or, make an etched dedication again
35. Vertical
37. Fireplace segment
38. Formula
39. Author of 1935 novel The African Queen, _._. __ (b.1899 - d.1966)
42. "__ _ do!" ("No you don't!" retort)
43. Island state of Australia
44. Globe
46. Cheese nibblers
47. Crouched
51. Robe in 1980 miniseries "Shogun"
54. Cabinetry wood
55. Balanced
56. Stagger
58. Lucifer
59. Buddies
60. Erupter of Europe
61. Humdrum
62. Mtn. blaster
63. Gulf War missile
64. Feet finials

DOWN
1. Italian ball sport
2. Startle
3. Slant skywards: 2 wds.
4. Centre Block on Parliament Hill is where its members sit: 3 wds.
5. Cookies and cakes creator
6. Computer company
7. Sci-Fi play
8. Fills the tank with additional gas
9. Lake: Spanish
10. Energy units
11. Check
13. Brenda __, Reporter (Classic comic strip)
15. Oscar-winning actor for his performance as the Canadian captain (who is Cockney in the book version, as per #39-Across) of a steam launch in "The African Queen" (1951): 2 wds.
20. Gateway
22. Powders
24. Aerobics move
26. Region's flora and fauna
27. Emerald entity
28. Catching _ __ (Commuter's task)
29. Half, in Hull
30. Group
31. Sky bear
32. NHL officials
34. Vintage dairy products cow
36. VIA vehicle
40. Extras on 6/49 tickets
41. Rocker, David Lee who?
45. Henhouse
47. Lunchtime order
48. Flagstones-created retreat
49. Matrikin
50. Units of force
51. Saved
52. Mr. Terrible the Tsar
53. Thaw
54. Restaurant's 'book'
57. And so on [abbr.]

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Life is good and getting better by the day, the hour, even the moment. You may find that hard to believe but only because you are focusing on things that are no longer of any importance to you. Expand your horizons, and have fun.

Taurus April 21 - May 21
You are full of energy and enthusiasm now, but that does not mean you should throw caution to the wind. By all means be bold today but have a goal too, something you can work towards, if only by indirect means.

Gemini May 22 - June 21
You may be tempted to bend the rules a bit today but the planets warn you won't gain much if you do. Not only that, but later in the week your conscience will nag at you.

Cancer June 22 - July 23
Try not to worry what others might think of you. If certain people disapprove of what you are doing you should take that as a sign that you are doing the right thing. In fact, the more you shock them the better!

Leo July 24 - Aug. 23
Tackle tasks and objectives you might not have the confidence or courage to tackle at other times. Yes, powerful people are likely to oppose you but you are pretty powerful too in your own way.

Virgo Aug. 24 - Sept. 23
Nothing is beyond you now and if you put your mind to it you can reach new heights over the next week or so. This is also a good time to go back and try again at something you failed at earlier in the year.

Libra Sept. 24 - Oct. 23
You seem to be having trouble at keeping a desire of some sort under wraps. Perhaps you should take the hint and let everyone know about it. According to the planets others will applaud you for being so open and honest.

Scorpio Oct. 24 - Nov. 22
With Mars moving through your opposite sign there are sure to be times when others rub you up the wrong way but you must not get aggressive in return. Give them the cold shoulder.

Sagittarius Nov. 23 - Dec. 21
If something you are working on does not seem to be making progress most likely it's because you are trying too hard. You are at your best when you are relaxed, so slow down and calm down and you'll master it soon.

Capricorn Dec. 22 - Jan. 20
You will make efforts above and beyond the call of duty over the next 24 hours. The Sun and Mars in the most dynamic area of your chart makes you feel like you can take on the world and win. And you know what? You can!

Aquarius Jan. 21 - Feb. 19
The fact that you seem to be the odd one out is not cause for concern. More than any other sign Aquarius likes to think and act against the grain – it's what makes you special.

Pisces Feb. 20 - March 20
Deals and negotiations of all kinds will go well today – you know just when to act tough and just when to make concessions. Listen to that small voice inside your head.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3			9					
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				6		5	7	1
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6			1		2			

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SWEENEY TODD

The Demon Barber of Fleet Street
A Musical Thriller

Music and Lyrics by STEPHEN SONDHEIM Book by HUGH WHEELER

From an Adaptation by CHRISTOPHER BOND
Originally Directed on Broadway by HAROLD PRINCE
Orchestrations by Jonathan Tunick
Originally produced on Broadway by Richard Barr, Charles Woodward, Robert Fryer, Mary Lea Johnson, Martin Richards, in Association with Dean and Judy Manos.

Illustration by Olimpia Zagnoli

"...one of the biggest and most demanding shows seen in Vancouver in decades."

– Vancouver Sun

Only 4 perfomances left | April 30 – May 3 | Queen Elizabeth Theatre | Directed by Kim Collier

Tickets start at $45 | vancouveropera.ca | (604) 683-0222

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